

October 2021



Newsletter

Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

MEDICARE ANNUAL OPEN ENROLLMENT

Each year from October 15 through December 7 Medicare beneficiaries can choose to switch, drop or add a Medicare Advantage or Part D prescription drug plan. If you're already enrolled in a Medicare plan, in September you'll receive a "Plan Annual Notice of Change" (ANOC). Read this notice carefully. If you don't receive this in the mail contact your plan and request it. The ANOC includes any changes in coverage, costs or service area for the following year. It will also inform you if your current plan is not renewing and which plan you will be auto-enrolled in. If you take no action, you will have the coverage outlined in the ANOC for the following year unless you are eligible for a Special Enrollment Period (SEP).

What you can do during the Open Enrollment Period (OEP):

- Beneficiaries with Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Beneficiaries with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Beneficiaries enrolled in a Medicare Advantage Plan can drop it and switch back to Original Medicare (Parts A & B).
- Beneficiaries enrolled in a Medicare Advantage Plan can switch to a new Medicare Advantage plan.
- Beneficiaries with a Part D prescription drug plan can switch to a new Part D prescrip-

MEDICARE ANNUAL OPEN ENROLLMENT

Why should I consider re-evaluating my current Medicare coverage during Open Enrollment?

Unfortunately, choosing health insurance is no longer a one-time decision. Each year, insurance companies can make changes to Medicare plans that can impact how much you pay out-of-pocket—like the monthly premiums, deductibles, drug costs, and provider or pharmacy “networks.” A network is a list of doctors, hospitals, or pharmacies that negotiate prices with insurance companies. They can also make changes to your plan’s “formulary” (list of covered drugs). **Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets your needs.** Below are some additional benefits of re-evaluating your coverage during Open Enrollment:

1. **Switch to better prescription drug coverage.** Using Open Enrollment to switch your drug coverage—or add drug coverage for the first time—can make crucial medications that you need less expensive. It can also ensure that your drug plan still covers the drugs you need (as your prescriptions may not be included on your plan’s formulary for next year).
2. **Save money and keep your doctor in-network.** Switching your Medicare Advantage or Part D plan can potentially save you hundreds of dollars a year—especially if your current plan’s out-of-pocket costs will increase next year. One way to lower your medical costs is to check that your current doctors, hospital, and pharmacy are “in-network” with whatever Medicare Advantage or Part D plan you choose. If your insurance company has changed your plan’s provider or pharmacy network for next year (and your doctor or other resources will no longer be included), you can use Open Enrollment to switch to a plan that will include your current doctors, hospital and/or pharmacy in-network, thereby lowering your medical costs.
3. **Find a higher quality plan.** Finally, check the quality of your plan using the Medicare 5-star ratings system. Plans with a 5-star rating are considered high quality and those with fewer than 3 stars are considered poor quality. If your current plan is ranked as less than a 3, consider using Open Enrollment to switch to a higher rated plan.

If you are interested in re-evaluating and/or switching your current Medicare coverage,

Clark County Sheriff's Office

Scott A. Haines
Sheriff



James A. Hirsch
Chief Deputy

517 Court Street-Room 308, Neillsville, WI 54456

Phone: 1-800-743-2420 or 715-743-5278

Confidential Tip Line: 888-847-2576 (TIP-CLSO)

Fax: 715-743-4350

Caution: in regards to contractors.

The Clark County Sheriff Office Communication Center received a theft complainant from a citizen in Clark County. The complainant was looking to complete some home renovations to include a new roof, gutters, windows, and siding on their residence. Eventually the homeowner signed a contract with a company to complete the renovations for a sum over \$60,000. A personal check was provided to the contractor, which was cashed, for \$50,000. This check was funds to purchase material and start the project with the intent to pay the final portion upon completion of the work. The contractor advised that due to Covid-19 materials/work would be delayed a few weeks, which is understandable.

A couple days later, a sales representative came to the victim's residence. During the course of their discussions, the sales rep talked about how he/she travels a lot for work. The victim offered to sell him/her a firearm of his/hers for the purpose of protection. A written contract between the victim and sales rep to purchase a firearm was drafted at an agreed price. The sale rep was to pay for this firearm via commonly used method of payment on a mutually agreed date in the future.

Over the next several weeks/months, there were phone conversations and emails back and forth between the victim and different individuals associated with contractor. The victim also noticed that several items of value were missing from his/her residence.

The victims mailed a certified letter to the contractor indicating he/she wished to have his/her contract with the company cancelled along with money refunded and firearm returned.

Months have passed and no work to the victim's residence had been completed, no materials have been purchased and the funding nor had the gun been returned. The contractor did make contact with the homeowner recently in an effort to work things out.

In closing, be cautious of contractors asking for money up front. Never pay more than small amount of the total job. Do they have a license, insurance; do you need a building permit, ask for a list of references, past jobs and who are their suppliers? Read contract/project description carefully making sure you have a clear understanding, both verbally and written of the project to be completed. Once signed, there is little recourse. Do not be fooled by a deal that is too good to be true.

Clark County Sheriff's Office

Scott A. Haines
Sheriff



James A. Hirsch
Chief Deputy

517 Court Street-Room 308, Neillsville, WI 54456
Phone: 1-800-743-2420 or 715-743-5278
Confidential Tip Line: 888-847-2576 (TIP-CLSO)
Fax: 715-743-4350

I trust our local contractors and often ask for referrals from them based on the project that I need completed. Take some time; talk with friends, neighbors and people that have had similar projects, for advice. Protect yourself so you do not become a victim. Take care and be safe.

Scott Haines
Clark County Sheriff

Incontinence Supplies

For those who may not be able to afford incontinence supplies, the ADRC of Clark County is offering a free incontinence supply bank. You call the ADRC to figure out where you can pick up the incontinence supplies at 715-743-5166.

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

What's in it for me? People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

Workshop Dates & Locations

October 19th- November 23rd 2021

Tuesdays, 9:00- 11:30 a.m.

Loyal Community Room

301 N. Main Street

Loyal, WI 54446

To register, call the Aging & Disability Resource Center

Toll Free: 1-866-743-5144 or local 715-743-5166

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs of \$2.7 billion (2009 data for Wisconsin).



wiha
Wisconsin Institute
for Healthy Aging

For more information, contact:
Wisconsin Institute for Healthy Aging
1414 MacArthur Road, Suite B
Madison, WI 53714
Phone: 608-243-5690
info@wihealthyaging.org

Check out our other healthy living programs by visiting us online at:
www.wihealthyaging.org

EMERGENCY PREPAREDNESS CHECKLIST

CAR CHECKLIST



You may need to evacuate or take shelter in your car. Use this list to determine what you should have in your car for different emergency situations and/or weather events, in addition to your **GO BAG**. You will want to monitor your water and food supplies when there is excessive heat and/or freezing temperatures.

EMERGENCY ITEMS

- ☐ Copy of your **MEDICAL EMERGENCY WALLET CARD**
- ☐ Water
- ☐ Blanket
- ☐ Whistle
- ☐ Flashlight and batteries or lantern
(hand-crank or solar type; otherwise make sure you pack a supply of new batteries)
- ☐ Phone / tablet charger with car adapter
- ☐ Road flares / small mirror (for signaling)
- ☐ White or florescent distress flag or light sticks
- ☐ Bright cloth or emergency road sign
(for car window in case of trouble)
- ☐ Plastic sheeting and tape
(hazardous material spills, etc.)
- ☐ Fire extinguisher
- ☐ Maps (local and state)

CAR-RELATED ITEMS

- ☐ Car fluids (quart of motor oil and gallon of 50/50 antifreeze)
- ☐ Funnel and clean rags
- ☐ Windshield washer fluid and scraper
- ☐ Jumper cables (8–12 feet)
- ☐ Car battery charger
- ☐ Tow chain or rope and bungee cords

- ☐ Tire chains
- ☐ Small shovel and non-clumping cat litter or sand
- ☐ Tools (pliers, flat and Phillips screwdrivers, and adjustable wrench)
- ☐ Wire saw
- ☐ Pocket knife
- ☐ Electrical and duct tape
- ☐ WD-40 (penetrating oil)

OTHER ITEMS

- ☐ Disposable gloves (sterile and non-sterile)
- ☐ Box of small garbage bags (for waste disposal) and zip lock bags (multiple sizes)
- ☐ Water purification filtering system
- ☐ Mess kit (portable silverware and cookware)
- ☐ Coffee can with cover for candles and matches
(as a source of heat)
- ☐ Paper / notebook and pencil / pen
- ☐ Waterproof boots



Don't forget!

When it's time to change the clocks for Daylight Saving Time, go through your **CAR KIT**. Check to see if anything needs to be added or replaced.

DATE OF LAST UPDATE: ____/____/____

Recognize Caregiver Burnout

Providing care for an aging or disabled loved one is probably one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming, bathing, and walking is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one's ability to care for themselves deteriorate is emotionally difficult. And the changes in your own personal, social, and work life as a result of your caregiving obligations may leave you feeling confused, unhappy, and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the challenges go beyond your ability to manage and into what is often called **caregiver burnout** which is a state of physical, emotional, and mental exhaustion. Stressed caregivers may experience fatigue, anxiety, and depression. Learning to identify the warning signs of burnout and learn interventions to reduce stress levels will help make your caregiving role more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to feedback from your friends and family about how you appear to be coping. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

Ask others for help. You don't have to do everything. It's okay to ask for help.

Get support. Find family and friends whom you can share joys and frustrations with.

Attend a support group to receive positive feedback and coping strategies from others in similar situations. Consider seeking professional counseling if needed.

Take regular breaks, even if it is only 15 or 20 minutes while your loved one is sleeping or engaged in something else, do something that makes you feel good.

Maintain good health by exercising regularly and eating a healthy diet.

Take regular time out for journaling, meditating or contemplation.

Stay involved in hobbies and activities you enjoy. Find a home care provider or ask family or friends to stay with your loved one if necessary.

When you understand and acknowledge that being a caregiver may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do to prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please call ADRC of Clark County at 715-743-5166.

By Jane Mahoney

Older Americans Act Consultant

Greater Wisconsin Agency on Aging Resources



Check us out on our new Facebook page for updates, tips and more information provided especially for you.

**Aging & Disability Resource Center
of Clark County**



Dr. Julie Thums

Omega 3 & Artificial Tears *treatments for Dry Eye*

Dry eye syndrome, dry eye disease, or dry eye, however your eye doctor may term it, dry eye is annoying and in aging eyes it can lead to other eye concerns.

Many patients can benefit from Omega 3's and artificial tears in treatment of dry eye.

Some patients find relief with dry eye symptoms by adding omega 3's into their diet with salmon, sardines, cod, tuna and herring, while others choose omega 3 capsules.

How does Omega 3 work?

- Inflammation of the eyelids and surface of the eye causes dry eye, and the natural anti-inflammatory properties of Omega 3 fish oil reduce this inflammation
- 86% of dry eyes are contributed to Meibomian gland dysfunction (where the outer layer of our tear film is produced) Omega 3 improves the function of the Meibomian glands
- When choosing an Omega 3 supplement, it is important to choose a pharmaceutical grade product with the appropriate dose in order to achieve the benefits you desire

Our doctors have had success in treating dry eye using artificial tears:

Oasis Tears and Oasis Tears Plus contain glycerin which lubricates the eye and promotes corneal healing

Refresh Optive (drop) and Refresh Celluvisc (gel) both contain carboxymethylcellulose (CMC) which bind to the corneal cells and increase the length of time a drop is active on the eye.

AVOID PRESERVATIVES ex- (BAK, benzalkonium chloride) in artificial tears or drops, they can cause inflammation and irritate the eye.

A diagnosis of dry eye needs to be confirmed by your eye care professional before beginning any treatment for dry eye, as infections and contact lens issues can often present with similar symptoms.

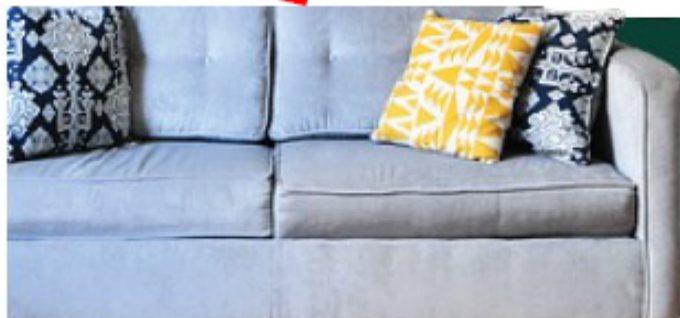
Dr. Julie Thums is an optometrist with HealthView Eye Care Centers- Medford & Colby. For more information on Dry Eye you can contact her at 715.748.2020 or 866.748.2020. Our offices recommend Forifeye omega 3 fish oil supplements, Oasis and Refresh artificial tears. These products are available at both of our offices.

STAND UP AND MOVE MORE

NEW TIME!

**A health education workshop
FREE for adults 55+**

NEW TIME!



**Sit more than 6 hours/
day?
Learn how and why to
Stand Up and Move More!**

- **Stand Up and Move More** is a four-week group health education workshop
- Meetings are 1.5-2 hours long
- The program involves: taking the workshop and attending a refresher meeting at 8 weeks
- Set goals and specific strategies for standing up and moving more
- Join in group discussion and learn from your peers
- Learn about the health benefits of sitting less

**Get off the couch! | Get motivated! | Be more active!
YOU CAN DO IT!**

Questions? Interested in participating? Then call: 715-743-5121

When: Monday's October 18th - November 8th 9:00am - 10:00am

Where: Greenwood Nutrition Center 312 N. Reese St., Greenwood



Extension
UNIVERSITY OF WISCONSIN-MADISON
CLARK COUNTY

Stand Up is not a fitness program, but rather a health education program.

wiha
Wisconsin Institute
for Healthy Aging



CHANGE OF SEASONS



This year the change of seasons will be taking place on October 30, 2021. If you are in need of any raking or light yard work please call the ADRC office at (715)743-5166 or Judy Morrow at (715) 937-0675.

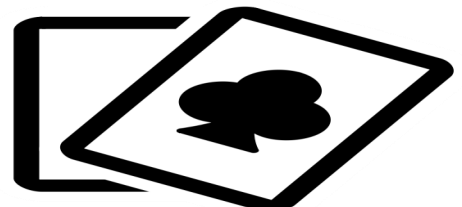
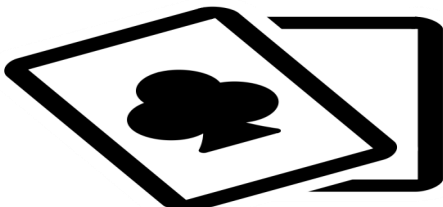
The deadline for Volunteer sign up will be October 23rd and volunteers will meet at St. Mary's Catholic church on October 30th at 8:00 a.m.

Cribbage—Neillsville Senior Center

Cribbage will begin at the Neillsville Senior Center

Thursday October 7th

@ 1:00 p.m.



Rental Assistance for Older Adult Tenants

By the GWAAR Legal Services Team (for reprint)

The COVID-19 pandemic has increased housing instability for many older adult tenants. There are tools available to help prevent evictions of older adults, including emergency rental assistance, available across the country through locally run programs.

This week, the Consumer Financial Protection Bureau (CFPB) debuted a new tool that helps renters and landlords look up rental assistance in their area and apply for assistance. The [Rental Assistance Finder](#) is designed to help tenants and landlords take advantage of emergency rental assistance that can be used to cover rent, utilities, and other housing costs, with the goal to keep people in their homes.

Many individuals face barriers to accessing rental assistance funds, including lack of knowledge of the programs available, internet connectivity issues, language access issues, and difficulty navigating overly burdensome paperwork. Advocates can learn more about how to help older adults navigate these issues in NCLER's recent training on [Emergency Rental Assistance Programs and Other Tools to Prevent Evictions of Older Adult Tenants](#) and the [Chapter Summary](#) that accompanied the training.

Legal assistance providers also play a critical role in defending older adults from eviction to prevent unnecessary loss of housing and preserve individual rights. Learn more about eviction defense in [NCLER's trainings on eviction prevention](#) and find your local legal assistance provider through the [Eldercare Locator](#) or [Legal Services Corporation](#).

Wisconsin Homeowners Assistance Program

By the GWAAR Legal Services Team (for reprint)

Governor Tony Evers recently announced the development of the Wisconsin Help for Homeowners (WHH) program intending to provide \$92.7 million in assistance for eligible homeowners in Wisconsin. The WHH program will provide housing grants to owner-occupied households who have experienced a COVID-19 related financial hardship, based on income level.

The program defines financial hardship as a reduction in income or material increase in living expenses associated with the coronavirus pandemic that has created or increased a risk of mortgage delinquency, mortgage default, foreclosure, loss of utilities or home energy services, or displacement for a homeowner.

Eligible types of expenses under this program may include but are not limited to, mortgage and interest payments, real estate taxes, and condominium and association fees. The property must be the owner's primary residence. Vacation homes, rentals, cabins, and second homes are not eligible.

For more information visit: <https://doa.wi.gov/Pages/LocalGovtsGrants/Homeowner-Assistance.aspx> 

Reminder: Get Your Flu Shot

By the GWAAR Legal Services Team (for reprint)

Flu season starts each fall and lasts until the following spring. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get a flu shot every season with few exceptions. Vaccination is especially important for people who are at high risk for complications from the flu. People aged 65 and older are at great risk of serious complications compared with younger adults.

Flu activity was unusually low during the 2020-2021 flu season. It is likely that COVID-19 prevention measures, like wearing face masks, staying home, hand washing, school closures, reduced travel, increased ventilation of indoor spaces, and physical distancing, prevented many cases of flu. In addition, flu vaccination may have played a role, as a record number of flu vaccine doses were distributed in the United States during 2020-2021.

Some experts are concerned that this year's flu season could be difficult. As with COVID-19, when someone recovers from the flu, they have antibodies that protect them from future flu infections for a short period of time. Because flu activity was so low last year, few people were infected and developed antibodies. It is possible that the recent surge in COVID-19 cases caused by the Delta variant may encourage people to stay home, minimize their contacts, and wear face masks. However, many other respiratory viruses have returned to pre-pandemic levels, and the CDC is expecting the flu viruses to do the same.

It's important to get vaccinated before flu activity begins in your community. In general, it takes about two weeks after vaccination for antibodies to develop in your body and provide protection against the flu. If possible, you should get a flu shot before the end of October. However, getting vaccinated later can still help later in the season while flu viruses are circulating.

Most insurance, including Medicaid, covers an annual flu shot without charging a copay or coinsurance. Check with your plan to find out whether you must go to a specific provider to receive the shot. Original Medicare Part B covers 100% of the Medicare-approved price when you receive

your flu shot from a provider that accepts Medicare. Additionally, Medicare Advantage Plans are required to cover flu shots without deductibles, copayments, and coinsurance, as long as you get the flu shot from an Advantage Plan provider. □

CONSUMER ADVISORY: FCC WARNS PUBLIC OF EMERGENCY BROADBAND PROGRAM IMPOSTER WEBSITE

FCC Press Release (for reprint)

Website Falsely Offers Enrollment in the FCC's Emergency Broadband Benefit and Collects Consumers' Personal Information

WASHINGTON, August 27, 2021—The FCC recently became aware of a website purportedly run by “WiFi Freedom USA” that mimics the legitimate Emergency Broadband Benefit enrollment site, [GetEmergencyBroadband.org](https://www.getemergencybroadband.org). This website falsely claimed to administer the FCC’s [Emergency Broadband Benefit Program](https://www.fcc.gov/emergency-broadband-benefit-program), including offering connected devices and services. The FCC and USAC immediately took steps to have the website disabled and the known social media page removed. The FCC is now working with law enforcement agencies to address this issue.

The FCC strongly advises consumers to only use the official Emergency Broadband Benefit website, [GetEmergencyBroadband.org](https://www.getemergencybroadband.org), to enroll in the program. Consumers can also contact a participating provider directly, but they should first verify that a provider is approved to participate in the program by visiting <https://www.fcc.gov/emergency-broadband-benefit-providers> and searching by their state or territory. Consumers can also apply by mail using a paper application.

The Emergency Broadband Benefit Program and [GetEmergencyBroadband.org](https://www.getemergencybroadband.org) are administered by USAC on behalf of the FCC.

The WiFi Freedom USA website falsely claimed that it can provide consumers with free devices and services related to the Emergency Broadband Benefit Program. Consumers may have also seen advertisements for WiFi Freedom USA’s website on social media platforms.

If you provided your personal information to WiFi Freedom USA, visit [IdentityTheft.gov](https://www.identitytheft.gov). If you made any payments to WiFi Freedom USA, please contact your financial institution to see if there are any remedies available to you. You can file a report about government imposter fraud with the Federal Trade Commission at [Reportfraud.ftc.gov](https://www.reportfraud.ftc.gov) and get information about how to recover any money you paid. □

FoodShare Updates September, 2021

By the GWAAR Legal Services Team (for reprint)

All FoodShare members will continue to receive the maximum amount for their household size for September, 2021. These benefits should be available on Quest cards by September 26, 2021. In addition, all FoodShare members continue to receive at least \$95 in additional benefits; some households receive more to bring their total to the maximum monthly benefit amount for their household size.

On top of this, FoodShare members will continue to receive 15% more of their typical amount for their household size through the end of September, 2021. This increase is a result of a federal law passed in 2020 extending additional benefits in 2021.

The bottom line: Unless a household is paying money owed due to a previous overpayment, all FoodShare households will get the following benefits for September, 2021: fifteen percent of their typical amount based on household size; and the maximum benefit for their household size (a minimum of \$95). All members will receive notices explaining the additional benefits.

You can always check the balance of a QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.

For up-to-date information, visit: <https://www.dhs.wisconsin.gov/covid-19/forwardhealth-foodshare.htm> □

ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details 715-743-5166

We are also accepting donations of unused/unopened incontinence garments and gently used adaptive equipment.



Updates for local agencies, community-based organizations, and providers who provide assistance to members of Wisconsin's health and nutrition public assistance programs.

Be Aware of Fraudulent Surveys Targeting FoodShare Members

The Wisconsin Department of Health Services (DHS) has become aware of a fraudulent survey offering cash and additional benefits for FoodShare members.

DHS does not give any member additional FoodShare benefits or cash rewards for doing something like completing a survey. FoodShare benefit amounts will only change when there is new information that affects a household's eligibility, or when there is a federal increase based on emergencies like the COVID-19 pandemic.

Sometimes organizations or agencies outside of DHS conduct surveys that may include a cash reward. However, always look more into any survey before completing it, so that you can make sure it is safe to complete.

For more information about the FoodShare program, visit the [DHS FoodShare website](#).

Please do not respond to this email. The email box is not monitored and you will not receive a personal response. You are receiving this notification because you have asked to be added to the ForwardHealth Partners information list. For questions, please contact [DHS ForwardHealth Partners](#). Thank you.

CAREGIVER CONFERENCE WAS CANCELED IN
PERSON FOR SEPTEMBER
PLEASE CALL THE ADRC OFFICE FOR MORE IN-
FORMATION AND TO RESERVE A SPOT
VIRTUALLY IN OCTOBER
(715)743-5166



9 Fall Produce Picks to Add to Your Plate

As the summer days are slowly coming to an end, it is the perfect opportunity to head over to your location farmers' market or farm stand to fill your basket with popular fall produce picks!

Pumpkin – great source of fiber

Beets – supports healthy blood pressure

Sweet Potato – full of fiber, vitamin A & C, an excellent source of potassium

Spaghetti Squash – a lower-calorie & gluten-free alternative to grain-based pasta

Kale – loaded with vitamin A, C, K and manganese

Pears – great source of fiber; delicious in desserts too

Okra – low in calories, high in folate, vitamin K & C

Parsnips – cousins to carrots, full of fiber

Cranberries – help protect from urinary tract infection

FRIENDLY REMINDER

Senior Farmers' Market vouchers need to be used by: Sunday, October 31

Happy Fall Picking!



EAT WELL, AGE WELL. ARTHRITIS

Arthritis is the swelling and tenderness of one or more of the joints and includes hallmark symptoms of joint pain and stiffness. The aging process typically worsens symptoms and can make living with the disease difficult. Inflammation is a common side effect of some forms of arthritis like rheumatoid arthritis.

While there is no known cure for arthritis, eating a well-balanced and nutrient-rich diet while avoiding certain foods can help relieve some symptoms of this disease. Certain foods can help reduce inflammation while others may cause it. Omega-3 fatty acids are an anti-inflammatory agent and can be found in foods like walnuts, oily fish (like salmon and sardines), canola, soy, or other oils. These foods can help reduce inflammation.

Processed foods containing saturated fats can increase inflammation and irritation. Avoiding processed, sugary, and fried foods may be helpful for those suffering from arthritis.

Consuming a well-balanced diet full of nutrients from fruits and vegetables can help reduce inflammation and pain associated with arthritis. For example, fruits like cherries and blueberries are antioxidants and can help with symptoms. It is always recommended to talk with your doctor about your specific needs.

For more information about arthritis go to: The Arthritis Foundation Website <https://www.arthritis.org/> or <https://aginginplace.org/arthritis/>

WEEKLY CHALLENGES

TRY EATING BERRIES AS A SNACK

EAT SALMON OR SARDINES

TRY SNACKING ON VEGETABLES THIS WEEK

TALK TO YOUR DOCTOR ABOUT YOUR SPECIFIC NEEDS

Did You Know?

In the United States, 23% of all adults, over 54 million people have arthritis.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students
By: Christel Weltzin 10-2021



ARTHRITIS

What is it?

Arthritis is inflammation of one or more joints which causes pain and stiffness that can worsen with age.

The two main types are:

Osteoarthritis involves wear and tear in the joint cartilage which can create a painful experience of bone grinding on bone.

Osteoarthritis influences the whole joint and causes the joint lining to be inflamed.

In rheumatoid arthritis, an individual's immune system attacks the joint capsule lining. The lining then becomes inflamed and rheumatoid arthritis can destroy joint cartilage and bone over time.



Risk Factors

Family history: Genes make an individual more susceptible to factors that could cause arthritis.

Age: The risk of this disease increases with age.

Past joint injury: People who have injured a joint are more likely to develop arthritis in that joint.

Your Sex: Women and men differ in what forms of arthritis they are more likely to develop.

Management Tips!

There are various treatments for arthritis, and it is recommended that an individual talk with their physician to find a treatment best for them.

Common therapies include:

- Stretching
- Exercising
- Heating Pads
- Ice Packs
- Medications
- Potentially Surgery

Wheel of Fortune

C N W B Y V A N N A W H I T E E T M C B
 L L E N N O D O E I L R A H C N O M T A
 T H E P R I C E I S R I G H T U S A N N
 K R O W T E N W O H S E M A G T S U A K
 N I P S E E R F S D E Y F D N R U T N R
 N I F F I R G V R E M R L N I O P O O U
 F I N A L S P I N U P O E U N F P M S P
 T O P K C A J M V M U G T O N F U O N T
 P A T S A J A K L H Z E T R I O Z B O E
 C I S U M E M E H T Z T E S W L Z I C L
 P R I Z E S O L V E L A R U C E L L G E
 E N L T S R Y U G V E C S N A E E E J W
 P I R T G O S G F I W V O O S H J Z D O
 C E L E B R I T Y W E E K B H W B T D V

Wheel of Fortune

bankrupt

free spin

vowel

consonant

prizes

cash

letters

puzzle

solve

bonus round

category

toss-up puzzle

jackpot

final spin

winning

R, S, T, L, N, E

Pat Sajak

Vanna White

Merv Griffin

celebrity week

trip

automobile

Game Show Network

theme music

To answer the trivia questions, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia #1: Vanna White made her television debut as a contestant on this game show.

Answer: _____

Trivia #2: This is the first and last name of the show's current announcer.

Answer: _____

Important Information

To cancel or reserve a meal you have two options:

1. Call the ADRC office

- 715-743-5166 / Toll Free, 1-866-743-5144

2. Communicate the change to your Home Delivered Meal driver

Please call 24 hours ahead to cancel or reserve a meal between the hours of 10:30 a.m. and 1 p.m. It is very important to the continuation of the Nutrition Program that the 24 hour rule be followed. If a cancelation is called after 1 p.m., the Nutrition Program still has to pay for the meal and you will be asked to contribute toward the cost of the meal.

- Exceptions are made in emergency situations.

To contribute the share of the cost of the meal you can afford. The suggested contribution for each meal is \$4.00. Please contribute what you can. No one will be denied service because of the inability to contribute.

The ADRC office will send a monthly contribution statement directly to your address on file for your Home Delivered Meals on or around the 25th of each month. Along with your statement, you will receive an enclosed, pre-addressed envelope to send your recommended \$4.00 per meal contribution directly to the office. Our policy has not changed, we will never deny HDM services if someone is unable to pay. Please restrain from giving cash or check to the Home Delivered Meal driver – this new contribution statement allows for safer and better tracking on funds.



"The Aging and Disability Resource Center of Clark County provides a single source for information and assistance for older adults, adults with disabilities, and their caregivers while supporting self-sufficiency, quality of life, and dignity."



ADRC Director

Lynne McDonald

ADRC Financial Manager

Lynn Crothers

ADRC Admin. Assistant

Amanda Erickson

Nutrition & Prevention

Coordinator

Taylor Meyer

Elder Benefit Specialist

Terri Esselman

Disability Benefit Specialist

I&A Specialist

Barb Freagon

I&A Specialist

Tara Halopka

ADRC Newsletter Online:

<http://www.co.clark.wi.us/index.aspx?NID=767>

ADRC Toll Free Line

1-866-743-5144

ADRC Local Number

715-743-5166

ADRC Fax Number

715-743-5240

ADRC Email Address

clarkadrc@co.clark.wi.us

Mailing Address

ADRC of Clark County
517 Court Street Room 201
Neillsville, WI 54456